

Blood alcohol concentration, or BAC, is used to measure the amount of alcohol in the bloodstream. A BAC of .05g means there is .05 g or (50mg) of alcohol in every 100 ml of blood. BAC is measured by analyzing the person's breath or blood. The criminal code of Canada sets the "legal limit" for drinking and driving at .08 BAC.

About 1,350 people die each year in Canada in motor vehicle accidents involving a drinking driver, and many more are seriously injured or disabled.

Close to the door he paused to stand, as he took his class ring off of her hand. All who were watching did not speak, as a silent tear went down his cheek. And through his mind the memories ran, of the moments they walked and laughed in the sand, but now her eyes were so terrible cold, for he would never have her to hold. They watched in silence as he bent near, and whispered the words... "I Love You" in her ear. He touched her face and started to cry, as he put on his ring and wanted to die. And just then the wind began to blow, as they lowered her casket into the snow. This is what happens to man alive, when friends let friends drink and drive.

Author unknown

CSSS des Îles (social worker) 986-2572 ext.4253

Maison des Jeunes (Mario Pichette) street worker 937-4417

Alcoholics' Anonymous 986-4474

Carrefour-Unité 986-2233

Confidential hotlines:

(Available 24 hours a day, 7 days a week)

- Drugs: help and referral 1-800-265-2626
- Tel-jeunes-youth 1-800-263-2266

C.A.M.I

787 Principal Road, Grosse Île
Phone (418) 985-2116

A.D.A.P.T

Phone (418)985-2947

ALCOHOL

If you are under 18, you know it is illegal to possess or drink alcohol.

Learn the facts:

Short and long term effects of alcohol.

Drinking and driving.

Find out where you can turn to get help.



Where can I go for help?

Centre l'Escale aux Îles 986-2572 ext. 4223

ALCOHOL

Alcohol is a drug that can affect your mind, body and feelings.

Alcohol is a “*depressant*” drug. That means it slows down parts of your brain that affect your thinking and behavior, as well as your breathing and heart rate.

Alcohol is produced by fermentation. When certain foods like honey, fruits, grains or their juices are in warm places, airborne yeast change the sugars and starches in the food to alcohol.

The impact of alcohol’s effect on judgment behavior, attitude and reflexes can range from embarrassment, to unwanted or high-risk sexual contact, to violence, injury or death.

Alcohol is involved in more regrettable moments, crimes and traffic fatalities than all other drugs of abuse combined. Young people, who are less familiar with the effects of alcohol, may be especially prone to act in impulsive or dangerous manners while intoxicated.

Extreme intoxication can kill, often as a result of people “passing out”, vomiting or choking. A person who is drinking heavily and is unconscious should be laid on his or her side and watched closely. Clammy skin, low body temperature, slow and labored breathing and incontinence are signs of acute alcohol poisoning, which can be fatal. Seek medical help right away.

Mixing alcohol and other drugs - prescribed or recreational - can have unpredictable results. Alcohol may block the absorption of the other drug, making it less effective, or it may increase the effect of the other drug, to the point of danger. The general rule is to never mix alcohol with any other drugs; for exceptions, ask your doctor.

LONG TERM EFFECTS OF DRINKING ALCOHOL

Heavy consumption of alcohol over a long period of time can cause damage to many parts of the body. Impairment of the brain and liver functions can be permanent. If the person’s diet is also poor this can affect their health. Emotional difficulties such as depression and relationship problems are also possible.

Other possible long-term effects include:

- cancer of the mouth, throat, esophagus, lips, liver;
- brain injury, loss of memory, confusion, hallucinations;
- high blood pressure, irregular pulse, enlarged heart and changes in red blood cells;
- weakness and loss of muscle tissue;
- sweating, flushing and bruising of the skin;
- inflamed stomach lining, bleeding and stomach ulcers;
- increased risk of lung infections

- severe swelling of the liver, hepatitis and cirrhosis;

- inflamed pancreas;

- tingling and loss of sensation in hands and feet;

- for men, impotence, shrinking of the testicles and damaged and reduced sperm and;

- for women, greater risk of gynecological problems;

DRINKING AND DRIVING

Alcohol blunts alertness and reduces motor coordination. People who drive after drinking can’t react as quickly as they need to. Their vision is affected, and may be blurred or doubled. Because alcohol affects judgment, people who drive after drinking may feel overconfident and may not recognize that their driving skills are reduced. Their driving is more likely to be careless or reckless – weaving, speeding driving off the road, and, too often, causing them to crash.